

Self Help Resources – Useful sites & Information

Assertiveness & Confidence Building

Have you looked at our list of **Workbooks & Online Courses**?

Being assertive – A YouTube video on assertive techniques for handling face to face discussions.

www.youtube.com/watch?v=ubSL1tFmgDc

Being Assertive: 5 basic techniques – A YouTube video.

www.youtube.com/watch?v=1QPVWvkBnhI

How to Be Assertive – Asking for What You Want Firmly and Fairly – This article is accompanied with a short video on what assertiveness is and how to be assertive.

www.mindtools.com/pages/article/Assertiveness.htm

3 tips to boost your confidence – TED-Ed – A YouTube video.

www.youtube.com/watch?v=I_NYrWqUR40

Building Confidence – An article on ways to build confidence.

www.skillsyouneed.com/ps/confidence.html

Self-esteem and confidence – Has links to improving self-esteem and building self-confidence.

www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&np=298&id=2111

Last updated: Sept 2018